

Abstract 240

TITLE: Sexual Behavior Change among U.S. Adults in 25 States, 1997

AUTHORS: Lansky A; Frey RL; Holtzman D; Jones JL.

(Centers for Disease Control and Prevention, Atlanta, GA)

BACKGROUND: Few large surveys of the general adult population collect extensive data on sexual behavior. We examined the relationship between risk behaviors for HIV and other sexually transmitted diseases (STD) and behavior change to reduce risk among U.S. adults.

METHODS: We analyzed data from the Behavioral Risk Factor Surveillance System (BRFSS), a state-specific, population-based random telephone survey of U.S. adults. In 1997, 25 states collected sexual behavior data from adults aged 18-49 years. We limited our analysis to persons with ≥ 1 sex partner in the past year. From weighted data aggregated across states, we calculated annual prevalence estimates and associations between behavior change and risk behaviors.

RESULTS: Of the 31,951 persons interviewed, 26,121 (82%) reported ≥ 1 sex partner in the past year and were included in this analysis. Few (4%) reported a risk for HIV such as injection drug use or unprotected anal sex in the past year and 3% reported having had a STD in the past 5 years. In the past year, 11% reported having ≥ 2 sex partners and 18% reported a new sex partner. Of the 6,060 persons who reported one of these risk behaviors, 30% reported they had changed their behavior in the past year to reduce risk for HIV. In a multivariate logistic regression model, factors associated with behavior change among those who reported a risk were having had ≥ 2 sex partners in the past year (odds ratio [OR], 3.0; 95% confidence interval [CI], 2.4- 3.7), STD history (OR, 1.5; CI, 1.1 - 1.9), age 18-24 (OR, 2.8; CI, 1.9 - 4.0), and black race (OR, 2.7; CI, 1.6 - 4.7). Of those who reported a change, 77% reported having only one sex partner, 79% reported they had reduced their number of partners and 61% reported they now "always" use condoms.

CONCLUSIONS: Although the prevalence of risk behaviors was low in this general population sample, we found a fairly high prevalence of behavior change among those who reported a risk. Because risk behavior and behavior change were reported for the same time period (past year) we cannot determine their temporal relationship. Ongoing behavioral surveys will be important to monitor trends in sexual risk behaviors and behavior change in the general US population.

PRESENTER CONTACT INFORMATION

Name: Amy Lansky, Ph.D.

Address: Centers for Disease Control and Prevention
1600 Clifton Road, NE, Mail Stop E-47
Atlanta, Georgia 30333

Telephone: (404) 639-2050

Fax: (404) 639-2980

E-mail: all0@cdc.gov